## **CLAIMS**

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What is claimed is:

- 5 1. An orthopedic anchor, comprising:
  - a biocompatible end unit segment; and
  - a biocompatible cable coupled with the end unit segment generally forming a "T" shape;
- wherein the end unit segment folds against the cable for both the end unit segment and cable to fit through a hole, and the end unit segment can return to the "T" shape after passing through the hole to anchor the cable.
  - 2. The orthopedic anchor of claim 1, wherein the orthopedic anchor has sufficient strength to withstand foreseeable pull forces experienced during use as an anchor for orthopedic implantation.
    - 3. The orthopedic anchor of claim 1, wherein the end unit segment comprises a generally cylindrical shape.
- 4. The orthopedic anchor of claim 1, wherein the cable comprises a braided cable.
  - 5. The orthopedic anchor of claim 1, wherein the cable couples with the end unit using at least one of a weld, a thermal bond, an adhesive, and a mechanical coupling.
- 6. The orthopedic anchor of claim 1, wherein the orthopedic anchor is formed at least partially of at least one of stainless steel and titanium.
  - 7. The orthopedic anchor of claim 1, wherein the orthopedic anchor is configured to fit within a delivery conduit when the end unit segment is folded against the cable for implantation through the hole.

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- 8. An orthopedic anchor, comprising:
  - a biocompatible end unit segment; and
- a biocompatible cable coupled with the end unit segment to generally form a "T" shape;
- wherein the end unit segment is foldable against the cable to fit within a delivery conduit for delivery of the orthopedic anchor through a hole, and the end unit segment can return to the "T" shape after implantation.
- 9. The orthopedic anchor of claim 8, wherein the orthopedic anchor has sufficient
  strength to withstand foreseeable pull forces experienced during use as an anchor for orthopedic implantation.
  - 10. The orthopedic anchor of claim 8, wherein the end unit segment comprises a generally cylindrical shape.
  - 11. The orthopedic anchor of claim 8, wherein the cable comprises a braided cable.
    - 12. The orthopedic anchor of claim 8, wherein the cable couples with the end unit using at least one of a weld, a thermal bond, an adhesive, and a mechanical coupling.
    - 13. The orthopedic anchor of claim 8, wherein the orthopedic anchor is formed at least partially of at least one of stainless steel and titanium.
    - 14. An orthopedic anchor means, comprising:
    - a biocompatible end unit means; and
      - a biocompatible cable means coupled with the end unit segment generally forming a "T" shape;

wherein the end unit means folds against the cable means for both the end unit means and cable means to fit through a hole, and the end unit means can return to the "T" shape after passing through the hole to anchor the cable means.

- 15. The orthopedic anchor means of claim 14, wherein the orthopedic anchor has sufficient strength to withstand foreseeable pull forces experienced during use as an anchor for orthopedic implantation.
- 5 16. The orthopedic anchor means of claim 14, wherein the end unit means comprises a generally cylindrical shape.
  - 17. The orthopedic anchor means of claim 14, wherein the cable means comprises a braided cable.

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- 18. The orthopedic anchor means of claim 14, wherein the cable means couples with the end unit using at least one of a weld, a thermal bond, an adhesive, and a mechanical coupling.
- 15 19. The orthopedic anchor means of claim 14, wherein the orthopedic anchor means is formed at least partially of at least one of stainless steel and titanium.
  - 20. The orthopedic anchor means of claim 14, wherein the orthopedic anchor means is configured to fit within a delivery conduit when the end unit means is folded against the cable means for implantation through the hole.